

can be fully regulated in accordance with the law, so as to avoid the phenomenon of retracted confessions due to a lack of reasoning and education. To study the withdrawal of confession from the dual perspectives of jurisprudence and psychology is an important way to ensure the fairness and rationality of national criminal procedure and avoid the occurrence of wrong conviction.

Objective: To view the issue of retracted confessions based on a combination of jurisprudence and psychology is essentially a full investigation and study of the suspect's and the defendant's state of defence, as retracted confessions, as a special state of confession, are generally a suspect's reversal of the original incriminating statement. The purpose of this article, which is based on a combined legal and psychological exploration of the issue of retracted confessions, is to explore the dual nature of the act of retracting a confession. Is such behaviour an overall negative denial of the original truthful confession, or is it an attempt by the suspect and the defendant to evade justice? Or is the retraction of confessions by suspects and defendants fully investigated and studied from a juridical and psychological point of view to clarify the facts of the crime, whether there was a falsehood in the previous confessions and such retraction is a form of correction? The aim of such a study is to examine the impact of retracted confessions on criminal proceedings in a rational way. It is important to be able to look at retracted confessions objectively in practice, to ensure that the positive effects on the case are understood, while not ignoring the negative ones.

Subjects and methods: As retracted confessions in practice refer to a special category of defence for suspects and defendants, the specific subject of this paper is the retraction of confessions by defendants and suspects in criminal cases. It also includes a study of the investigation itself and the external environment, and a psychological analysis of the psychological state of the defendant and the suspect, either due to luck or fear of guilt, in order to clarify the psychological characteristics of the retracted confessions of different suspects. Is it possible that the original confession was found to be false in the course of the proceedings, or that some suspects retracted their confessions for other reasons in order to shield others? The probability of retracted confessions at the juridical level in the course of criminal proceedings is studied through case studies and comprehensive literature analysis. The study was conducted to understand the reasons behind the retraction of confessions, whether it was due to problems in the legal system of administrative proceedings or to psychological changes in the suspects and defendants themselves.

Results: Further research into the analysis of retracted confessions in criminal proceedings, through a combination of literature and research, reveals that there are certain factors that influence retracted confessions at both the psychological and jurisprudential levels. Psychologically, most of the cases are caused by the suspects and defendants themselves. Some suspects retract their confessions due to fear of guilt and luck, in order to avoid being punished by the law if the facts of the case are revealed, or deny their confessions based on the investigator's description of the case, taking into account the lack of physical evidence involved in the crime. At the same time, there are also cases where suspects and defendants are able to realise their mistakes and retract their confessions. For the criminal authorities, the retraction of confessions can occur as a result of insufficient evidence, delays in deciding cases and illegal questioning and torture. It is also important not to overlook the fact that external factors that interfere with the results of research include the most common social connections of suspects and defendants, which can lead to the retraction of confessions by suspects and defendants encouraged by their connections.

Conclusion: Retracted confessions occur in the course of criminal proceedings, and the causes of this problem are varied and have both a negative and a positive impact on the conduct of criminal proceedings. In order to ensure that retracted confessions do not have an impact on criminal litigation cases, it is necessary for the case officer to be able to control the suspect's psychological and external environmental interference factors based on both jurisprudence and psychology. Through legal and policy education, confession review and other means, carefully collect cases, fix evidence, avoid unreasonable confession by suspect and defendants, and ensure the impartiality and preciseness of national justice.

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MEASURES TO DEVELOP THE MENTAL RESILIENCE OF SECRETARIAL STUDENTS

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Background: Secretaries are essential and important positions in all enterprises and institutions. They take on multiple responsibilities such as communication, coordination and support, and are key figures in the central system of each organisation responsible for carrying on the work from above and coordinating with the left and right. In practice, the professionalism of secretaries determines the effectiveness of

their work, while their resistance and resilience directly affect their career life. At present, the post of secretary has become the domain of professionals, and the secretarial profession has become a regular profession in China's higher education system; the profession has the important task of training excellent secretarial talents and delivering quality secretarial graduates. The employment prospects for secretarial students are good, with a wide range of jobs and a high employment rate (over 98%) and a relatively high salary.

For graduates working as secretaries, theoretical knowledge, practical experience and stress tolerance training are all important, as they are essential for them to be able to cope with the heavy workload. Therefore, the training of secretarial students' needs to emphasise the enhancement of core professional competencies and the strengthening of professional adaptability. From this perspective, teaching and guidance at the psychological level is essential, and improving the mental resilience of secretarial students is a fundamental guarantee that they will be able to smoothly change their roles and mindsets and adapt to the intensity and demands of their work.

Objective: This paper explores the effective training measures that can be implemented with the fundamental goal of effectively enhancing the mental resilience of secretarial students and strengthening their overall quality. From a practical point of view, the mental capacity of secretarial students is related to innate factors, but more so to their acquired training. Based on scientific training, the mental capacity of secretarial students can be effectively enhanced. It is therefore important that teachers identify the threshold of mental capacity of students in this field and make an effort to strengthen it in their daily teaching so as to gradually enhance their mental capacity and prepare them for the workplace. In exploring measures to develop the mental resilience of secretarial students, staff should apply the principles of comprehensiveness and individuality, and aim to strike a balance between general and comprehensive training and individual and targeted training, so as to build a mechanism for the cultivation of students' mental resilience and promote the development of a system of training measures.

Subjects and methods: This study takes the psychological endurance cultivation measures of secretarial students as the research object; it is based on various methods such as case study method, practical analysis method and literature method. In the practical work, the psychological personality of secretaries will be explored, their interests, will, emotions, motivation and mental capacity will be analysed, and the psychological qualities necessary for good secretaries will be examined comprehensively, and the necessity and importance of cultivating the mental capacity of secretarial students will be clarified. Then, feasible and targeted training measures are proposed according to the real needs.

Result: The study found that qualified secretaries must have a strong mental capacity to remain objective, calm, rational and confident when dealing with heavy workloads, complex interpersonal relationships and career development difficulties. Developing the mental capacity of secretarial students can provide a fundamental guarantee for enhancing their professionalism; it can help shape the modesty, steadiness, confidence, perseverance and calm character of secretaries, which can enable them to be spoilt for choice and thus avoid work mistakes caused by poor mental qualities. In the practical work session, the effective development of secretary students' psychological tolerance can help them master the scientific methods of self-direction and self-psychological adjustment, which will lay the foundation for them to successfully overcome psychological setbacks and cross psychological barriers, and always maintain a positive state of mind and physical and mental health.

Conclusion: This study was conducted around measures to cultivate the mental resilience of secretarial students, and the practice was carried out from various aspects. Based on existing publications, journals and case studies on the development of mental resilience in secretarial students, the objectives and implications of this development have been clearly discussed. Based on a combination of theoretical foundations and practical experience, the study analyses the actual content of the mental capacity of secretarial students and, based on the results of this analysis, proposes measures for the development of mental capacity that are applicable to contemporary students. The emphasis in this study is on improving secretarial students' emotional and adversity quotients in order to ensure that they can rely on their strong negative emotion management and mental resilience to face adversity and resolve work-related setbacks and challenges calmly. From a practical point of view, the proposed and improved measures for the cultivation of the psychological tolerance of secretarial students will not only help to improve the level of teaching and the quality of students in the profession, but also help to optimise the education and teaching system and facilitate school-enterprise cooperation and articulation; moreover, it will also lay the foundation for further improving the quality of secretarial professionals and the development potential of those who join the profession. This study will be beneficial to the progress of students, professional construction, teaching innovation and school development, as well as to the development of enterprises and society.

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THE EFFECT OF ELIMINATING TENSION IN PHYSICAL EDUCATION AND PHYSICAL EXERCISE FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: There is no active integration of psychology into teaching. Although the development of education today has achieved certain results, and education has achieved reform and development, and teaching staff have gradually attached importance to physical education psychology education in teaching, the results produced are not satisfactory, mainly because of the following reasons: firstly, schools only focus on teaching quality and teaching results, and take students' academic performance as the standard for examining students' learning and teachers' teaching effectiveness, But do not attach importance to psychological factors such as students' psychological tension and anxiety, and there are no corresponding criteria for judging students' psychological health, resulting in some schools not strengthening the application of sports psychology in physical education and the role of psychology in education, focusing only on physical education; secondly, although some school physical education teachers have professional theoretical and practical knowledge of physical education, they have not studied and understood; Secondly, although some school PE teachers have professional theoretical and practical knowledge of PE teaching, they have not studied and understood psychology and have not undergone professional training, so it is difficult to penetrate psychological education in teaching.

Inability to carry out targeted teaching. Targeted teaching is a basic requirement of the new curriculum reform. Teachers should be able to fully grasp students' interests and hobbies, as well as their strengths and specialties, so that they can focus on cultivating them and carry out targeted teaching to produce the desired effect. There are certain differences between students, including their physical and psychological qualities. Teachers should have a good understanding of students' learning pressure, psychological tension and anxiety. By applying psychology to students' inner thoughts and to their confusion and problems in learning, teachers should be able to teach them in a way that promotes their all-round development.

Objective: The application of psychology in physical education is to provide psychological education through psychological guidance in order to understand students' thoughts and opinions and to identify the confusion and problems they encounter in their studies and lives. On this basis, teachers help students to establish a correct understanding of learning and good self-confidence in learning by strengthening psychological education, which helps students to solve problems and thus students can achieve good development.

Subjects and methods: Enhancing the organic integration of psychology and physical education. If the application of psychology in physical education is to be implemented effectively, then firstly the understanding of psychology education needs to be raised and teachers should apply psychology purposefully as a way of teaching. The development and implementation of physical education needs to be facilitated through the use of psychology, which in turn produces the desired effect, ensuring that teaching is effectively promoted and providing a good atmosphere for students to learn physical education, thus allowing them to develop well physically and mentally. Therefore, it can be learned that the application of sports psychology to physical education not only helps students to master physical education knowledge, but also helps to promote the overall physical and mental development of students.

Improve teaching facilities and teaching conditions. In order to improve the teaching facilities and conditions, firstly, it is necessary to build a high level and high quality teaching team. Schools should be able to introduce advanced teaching talents to ensure that the teaching team has high comprehensive quality, and strengthen the training of teaching expertise and teaching ability, enhance teachers' knowledge of psychology, and encourage teachers to actively apply psychology to physical education in teaching, which can produce good Secondly, it is necessary to strengthen the investment in teaching facilities and equipment to create good teaching conditions and teaching environment for students, so that students can obtain the conditions for physical exercise and thus be able to enjoy physical exercise, which will help to carry out normal teaching work and thus improve the overall quality of students; finally, teachers should carry out targeted teaching in teaching, and can carry out stratified teaching, by strengthening the teaching of psychological Lastly, teachers should target their teaching by teaching in a graded manner, by strengthening the teaching of psychology, by tapping into the potential of students, by adopting effective teaching methods and approaches to improve students' physical education performance, and by improving their learning efficiency and quality.